

Be Well Benefits

- Help managing your diabetes
- Help with medicine and testing supplies
- Onsite Hemoglobin A1c testing
- Diabetes self-management classes
- Diabetes support groups
- Jump Start to Fitness Program
- Fitness center membership
- Community garden program



The Be Well patient care team includes:

Program Coordinator

Physician Champion, Physicians, and
Family Nurse Practitioner

Registered Dietitian

Medical Assistant

Case Manager

Clerk/Translator

Be Well - Lake County

*A partnership of NorthShore University
HealthSystem and the Lake County
Health Department and Community
Health Center*

North Chicago Community Health Center
2215 14th Street
North Chicago, IL 60064
847-984-5255
847-984-8875

Belvidere Community Health Center
2400 Belvidere Rd
Waukegan, IL 60085
847-984-5255



Diabetes Program

What is Be Well - Lake County?

Be Well - Lake County is a program offered at Lake County Health Department's North Chicago Community Health Center and the Belvidere Medical Building in Waukegan. The program will help you better care for your diabetes so you can stay healthy and active.

Be Well - Lake County gives you many services all in one place so that most all of your diabetes health care needs can be met.

We also want your family to be healthy; therefore, some of the Be Well - Lake County services are offered for your family, too.



Services the Be Well Program includes:

- Retinal Screenings
- Medication assistance
- Glucose testing supplies for patients without insurance, Medicare, or Medicaid. Strips are given at Be well appointment
- Nutrition Counseling by a Registered Dietitian
- Specialty Care Services for health problems that can be caused by diabetes

Be Well Program Services Costs

Fees for medical services, point-of-care tests, and lab services for patients enrolled in the Be Well Lake County program are charged the same way as all other medical services. A front desk staff employee can assist you with this information.

What is Diabetes?

Diabetes is a disease when the body does not make enough insulin and the body resists the insulin it does make.

Insulin is a hormone that acts like a key to our bodies' cells and helps take sugar (glucose) from the blood to the cells of our body to give us energy.

Diabetes Facts

- 7.3% of adults in Lake County have diabetes
- Diabetes is the 7th leading cause of death in the United States

Diabetes can cause serious health problems such as:

- Kidney disease
- Eye disease
- Heart disease
- Nerve damage
- Sexual dysfunction
- Oral health

But diabetes can be controlled!

